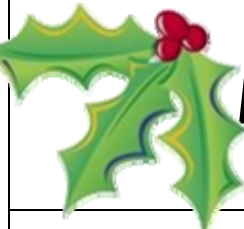



To A Healthier You

2007

December

Have Happy & Safe Holidays!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>If you purchase an artificial tree for this holiday season, look for the label "Fire Resistant". www.aap.org</p>
	<p>2</p> <p>Never use electric lights on a metallic tree. www.aap.org</p>	<p>3</p> <p>Before using lights outdoors, check labels to be sure they have been certified for outdoor use. www.aap.org</p>	<p>4</p> <p>Never use lighted candles on a tree or near other evergreens. www.aap.org</p>	<p>5</p> <p>Keep your expectations rational this holiday season. humanresources.about.com</p>	<p>6</p> <p>Take control of your time and limit your commitments humanresources.about.com</p>	<p>7</p> <p>Give in a way that gives you joy www.1stholistic.com</p>
	<p>8</p> <p>It's Flu Season! Wash your hands frequently and avoid putting your hands into your eyes, nose, or mouth.</p>					
<p>9</p> <p>If you're traveling for the holidays, allow extra time for travel so that delays won't worsen your stress. www.mayoclinic.com</p>	<p>10</p> <p>When your schedule is hectic, find 10 minutes "just to let go, regroup and revive". www.sharpbrains.com</p>	<p>11</p> <p>Laugh more. If something is starting to annoy you, try to find a way to be amused by it instead. www.sharpbrains.com</p>	<p>12</p> <p>Make your family time active. Be adventurous and try something new, but also choose something you enjoy. thecommunityguide.org</p>	<p>13</p> <p>Mark your exercise routine on the calendar and consider it as important as any other appointment. thecommunityguide.org</p>	<p>14</p> <p>Help your family develop an appetite for fruits and veggies by gradually substituting these healthy foods for unhealthy snacks.</p>	<p>15</p> <p>Be grateful for all the wonderful differences, preferences and opinions that you will encounter this holiday. www.sideroad.com</p>
<p>16</p> <p>Expect and accept imperfections. www.mayoclinic.com</p>	<p>17</p> <p>Try to accept family members and friends as they are, even if they don't live up to all your expectations. www.mayoclinic.com</p>	<p>18</p> <p>If you're already lonely or depressed, take steps to help prevent holiday depression from progressing. www.mayoclinic.com</p>	<p>19</p> <p>Take a few minutes each day for deep breathing, listening to music or other relaxation measures. www.awcnet.org</p>	<p>20</p> <p>Decide how much of something you are going to eat before you eat it. www.wac.net</p>	<p>21</p> <p>Avoid eating sugary treats on an empty stomach. www.wac.net</p>	<p>22</p> <p>Get plenty of sleep and squeeze in a few extra minutes to rest and relax. www.sideroad.com</p>
<p>23</p> <p>Drink 8-10 glasses of water per day.</p>	<p>24</p> <p>Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. www.mayoclinic.com</p>	<p>25</p> <p>Have a Blessed Christmas!</p> 		<p>26</p> <p>Before you drive in cold weather, restock emergency supplies in your vehicle and listen for radio or television reports of travel advisories issued by the National Weather Service. www.cdc.gov</p>	<p>27</p> <p>Every time you stop at a traffic light (or the bus does), tighten your thighs and butt muscles and release as many times as you can. This will help firm leg and buttock muscles. www.medicinenet.com</p>	<p>28</p> <p>To pick up something, instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. www.medicinenet.com.</p>
<p>30</p> <p>Eat a handful of walnuts before bed. You'll be giving yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan. www.medicinenet.com</p>	<p>31</p> <p>Have a good cry. It can boost your immune system, reduce levels of stress hormones, eliminate depression, and help you think more clearly. www.medicinenet.com</p>					